

GARFIELD

Campus

**SUMMER
2003**



**SEATTLE PARKS
AND RECREATION**

Garfield Campus

Program Registration
Begins May 26, 2003

Program Dates

June 23rd – September 7th

Holiday Closures

Labor Day, September 1st
Independence Day, July 4th

Garfield Community Center

2323 E. Cherry Street, (206) 684-4788

YWCA Family Support Center

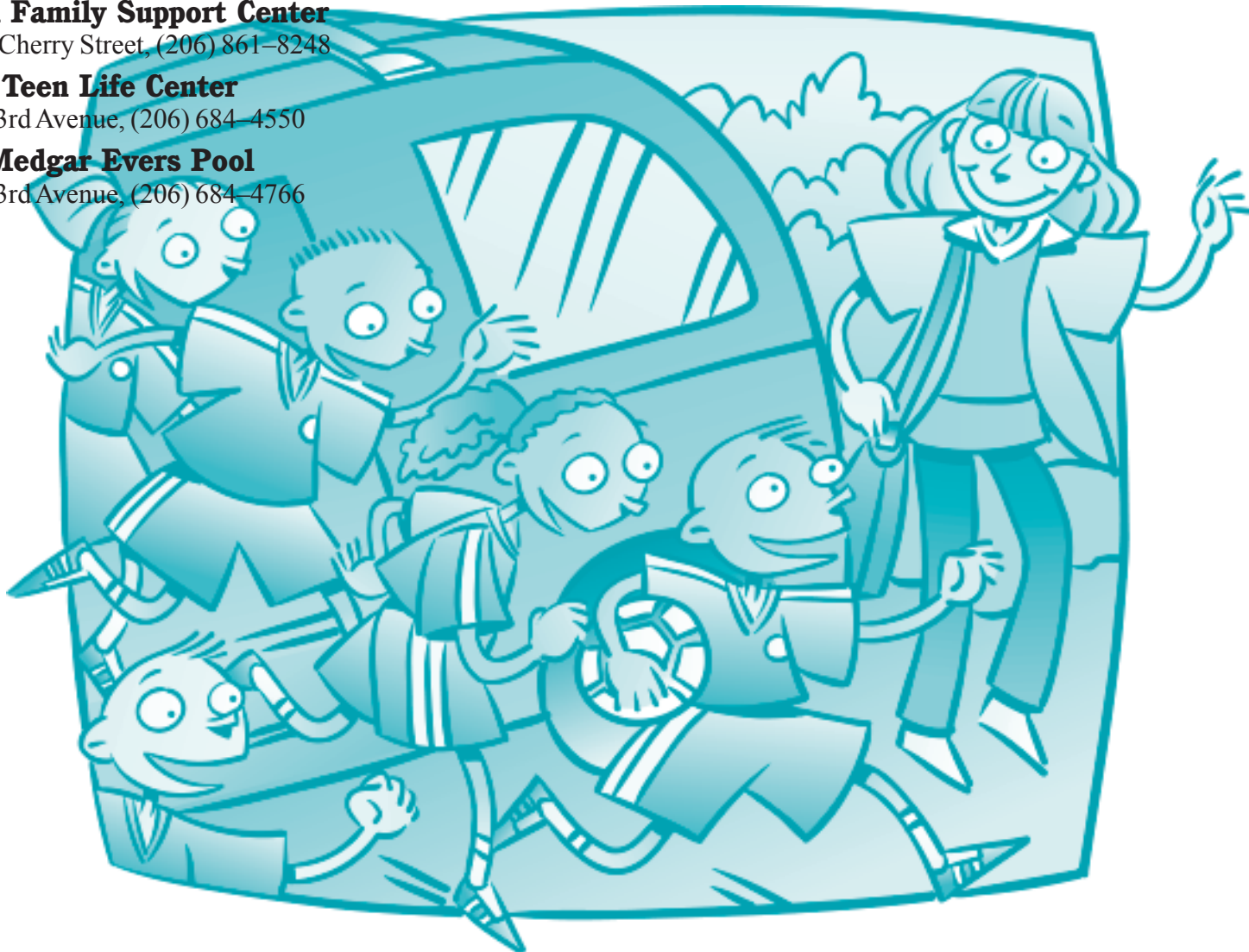
2323 E. Cherry Street, (206) 861-8248

Teen Life Center

428 23rd Avenue, (206) 684-4550

Medgar Evers Pool

500 23rd Avenue, (206) 684-4766



Garfield Campus Information

Hours of Operation

Community Center

| | |
|-------------------|----------------------|
| Mon., Wed. & Fri. | 1:00 p.m.–9:00 p.m. |
| Tues. & Thurs. | 10:00 a.m.–9:00 p.m. |
| Saturday | 10:00 a.m.–5:00 p.m. |
| Sunday* | 12:00 p.m.–5:00 p.m. |

(*Closed Sundays, June 8th thru Labor Day)

Teen Life Center

| | |
|---------------------|----------------------|
| Monday – Thursday | 2:00 p.m.–9:00 p.m. |
| Friday | 2:00 p.m.– 8:00 p.m. |
| Late Night | 8:00 p.m.–12:00 a.m. |
| Saturday Late Night | 8:00 p.m.–12:00 a.m. |

Medgar Evers Pool

| | |
|-----------------|----------------------|
| Monday – Friday | 12:00 p.m.–8:00 p.m. |
| Saturday | 8:30 a.m.–5:00 p.m. |

Program Registration

May 26th

Program Dates

June 23rd – September 9th

Holiday Closures

Labor Day September 1st

Independence Day July 4th

Advisory Council

The Advisory Council's are made up of community members who are involved with Garfield Community Center, Medgar Evers Pool, and the Teen Life Center. Members share their ideas and help Garfield Campus staff develop programs, activities and special events for the community. We invite you to take an active role in shaping the programs that happen on the Garfield Campus.

The Teen Life Center Advisory Council meets the first Thursday of each month at 6:30 PM at the Community Center. Contact: Mazvita Maraire or J.C. Ephraim at 684-4550.

Garfield Community Center / Medgar Evers Pool Advisory Council meets the second Wednesday of each month at 6p.m.



Professional Staff

Ken Bounds, Superintendent
 Christopher Williams, Operations Division Director
 Royal Alley-Barnes, Central East Division Manager
 Belinda Gigliotti, Sr Rec Coordinator
 Mazvita Maraire, Center Coordinator GTLC
 Kishan Scipio, Rec Specialist GTLC
 Marlene Oliver, Building Maintenance GTLC
 Michael Yasutake, Recreation Coordinator GCC
 Faizah Osayande Asst Rec Coord. GCC
 Zebedee Hill, Recreation Attendant
 Leoneta Espy, Computer Lab Coordinator
 Kristen Schuler, Aquatic Coordinator MEP
 Tim Ewings, Asst Aquatic Coordinato MEP
 Billy McKinion, Building Maintenance GCC

The Seattle Department of Parks and Recreation welcomes you to the Spring of 2003. As a part of the Garfield Campus, we are conveniently located at 23rd and Cherry St.

Directions

From I-5 North

Take a right on James St., going up the hill, follow James to Broadway, where James turns into Cherry St. Continue on Cherry St. to 23rd Avenue.

From I-5 South

Take James St. exit. Take left on James St. going up the hill to Broadway, where James St. turns into Cherry St. Continue on Cherry St. to 23rd Avenue. We are on the corner of 23rd and Cherry St.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Scholarships

Scholarships are available at each of our facilities. It is our goal to provide quality programs that are accessible to all citizens. For application information please contact each facility directly.

Interested In Teaching?

We are always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill or knowledge you would like to share with others in a class or workshop format, please contact the each facility coordinator.

Anti-discrimination Policy

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

ADA Compliance

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 233-7061 or TDD 206-386-1921. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

Please pick up a copy of our facility rental brochure.

For More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters and scheduling, please call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and about programs for special populations, please call 206-684-4950.

Payment

You may pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, Mastercard and American Express. Please make checks and money orders out to each facility. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee.

Fees And Charges

Aquatic programs are provided by Seattle Dept. of Parks and Recreation. The Advisory Council's provide the programs and activities at the Comm. Center and Teen Center listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Adult Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 years and older are not charged this user fee. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

Any person who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start, may receive a refund minus a service charge.

Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before it starts will receive no refund.

Please read the entire policy, available upon request, for specific information.

Waiting Lists

We will create waiting lists for all filled classes. Be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact the specific facility for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, it will be cancelled. We will notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, it will be cancelled.

Confirmation

We do not confirm class registration by mail or phone, but will notify you by phone if your class is postponed or cancelled.

2003 Budget: What It Means For Your Community Center

The City of Seattle anticipates bringing in \$63 million less in revenues in 2003 than in 2002. This has resulted in almost \$5 million of cuts in Seattle Parks and Recreation budget. As a result of these reductions, your community center will be open fewer hours per week.

Beginning January 2, 2003, basic operating hours for the center will be 1p.m. to 9p.m. Each center will also be open an additional six hours (to be determined) on weekday mornings, and will continue to be open 10 a.m. to 5p.m. on Saturdays in the fall, winter and spring. The center is available beyond these hours on a prearranged fee basis.

Special Events

Run To Win Sports Camps

Garfield Playfield Football
Ages 6-14 Coach Mike Baldassin
June 30, July 1, 2 Camp fee: \$80.00

Garfield Playfield Soccer
Ages 6-14 Coach Troy Hooper
July 8,9,10, 11 Camp fee: \$80.00

Garfield High School Basketball
Ages 6-9 Coach Scott Moss
July 28, 29, 30, 31 Camp fee: \$80.00

Garfield High School Basketball
Ages 10-14 Coach Scott Moss
July 28, 29, 30, 31 Camp fee: \$80.00

"Blues Night"

Friday, June 20th 7-10p.m.
Hear some of the best in blues, R&B and jazz.
Fee: \$5.00

Taekwondo Exhibition

Saturday, June 14th Gym 10-6p.m.
Youth and adult competition and demonstrations.



Teen Programs

Future Matters Teen Program

Monday-Saturday Check Teen Monthly Calendar
at the center for dates & times

Future Matters is a comprehensive teen program which focuses on environmental stewardship, leadership, arts & culture, sports and education. This program encourages youth ages 13 - 18 to set positive goals by providing academic support and social enhancement. Program schedule is posted at the center.

Instructor: Donna Kirvin

Free

Top Rock Wednesdays

Wednesday 7:00-8:45 p.m.
\$2 drop-in

B-boys and B-girls come out and sharpen your break dance skills at Top Rock Wednesday. Garfield will provide the space. You provide the skills.

Do you need community service credit for school?

Volunteer at Garfield Community Center, Medgar Evers Pool, or the Teen Life Center. Call (206) 684-4788 for more information.



Youth Programs

Computer Open Lab

Monday 3–6 p.m.
Tuesday 3–6 p.m.
Saturday 11–4 p.m.

Summer Day Camp

Registration Begins April 2

Ages 5 – 7 and Ages 8 – 10

Cost: \$95.00 per week

Cost: \$76.00 for the week of July 1 – July 5*

Day Camp Hours: 7:00 a.m.–6:00p.m.

Garfield Day Camp runs for 10 weeks from June 23, 2003 to August 29, 2003.

Payment is due in full for your child's first week of camp at the time of registration. A \$20.00 non-refundable deposit is required to secure space in additional weeks.

The balance for each camp is required a week prior to the week your child is registered.

*There will be no camp on July 4th.



Summer Pre Teen Camp (Middle School)

Registration Begins April 2

Ages 11– 14

Cost: \$95.00 per week

Cost: \$76.00 for the week of July 1 – July 5*

Day Camp Hours: 7:00 a.m. – 5:00 p.m.

Garfield Day Camp runs for 10 weeks from June 23, 2003 to August 29, 2003.

Payment is due in full for your child's first week of camp at the time of registration. A \$20.00 non-refundable deposit is required to secure space in additional weeks. The balance for each camp is required a week prior to the week your child is registered.

*There will be no camp on July 4th.

Evening Tots Play Group

Wed 6:30 p.m. – 7:30 p.m.
\$2.00

Bring your little ones, up to age 5 out to play and make new friends. Adult supervision is required at all times. You are welcome to bring your favorite toys, which are playable on our hardwood floor.

Tennis Lessons

Ages 8 – 12 Tuesday and Thursday
4:30 – 5:30p.m. or 6:00 – 7:00 p.m..
Fee: \$30.00

Session I 7/1 – 7/17

Session II 7/22 – 8/7

Session III 8/12 – 8/28

Come and learn a new sport or brush up on your current skills. Tennis is a fun way to meet new friends.

Taekwondo 2Xcel

Tuesdays and Thursdays
6:00 p.m. – 7:00 p.m.

Youth ages: 5 – 17 yrs. Learn this ancient form of Martial Arts taught by nationally recognized Korean Master Leon Preston and staff. The class is structured to develop both, mind and body. Self-discipline, self respect, and positive self image are some of the benefits of this program.

Cost of this class is based on student's ability to pay. Please see instructor or staff for details and information.

B' Ball Skills and Drills

Starts: June 7th 10–noon

Ages: 8–17yrs.

Free

Boys and Girls learn the fundamentals of the game of basketball.

Let's Go Fishing

Trip Dates: TBD Cost: TBD

Please join us for exciting trips to local area lakes. Bring your own fishing rod, if you don't have one we can furnish one for you! Hurry space is limited! Register now!

Adult Programs

Salsa Lab

Wednesdays 7:00 p.m.–8:45 p.m. \$3 drop-in

Come dance to energizing music while salsa dancers share their movements. Join other dancers working to develop their dancing by practicing new moves or redefining others, polishing one's footwork, reinforcing dance techniques or just wanting to work out. Come with a friend or alone and introduce yourself to follow dancers. **This lab can not be used for rehearsal space. This lab is not provided with an Instructor.**

Fitness Club Card

\$25/Month \$3/Drop in

This card entitles the purchaser to unlimited use of our fitness room facility. It is equipped with a treadmill, bikes, stair master, free weights and a television. Enroll a friend and receive \$5.00 off the next months free. Our Fitness room is open during the center's operating hours. Purchase a fitness club card for only \$20.00 per month.

Fitness PLUS \$30

This card entitles purchaser to unlimited use of our fitness room facility that is equipped with a treadmill, bikes, stair master, free weights, television and in addition, enjoy the Teen Life Center weight room and sauna room at Medgar Evers Pool. (Fee does not include swimming pool use)



Adult Open Volleyball

Mondays and Wednesday 7:00 – 8:45 p.m.

Come play volleyball with your friends and neighbors. All we ask is that you set up and take down the nets. Days and times are subject to change.

Adult Open Basketball

Tuesday and Thursdays

7:00 – 8:45 p.m.

Grab your friends and come down to play. Days and times are subject to change.



Taekwondo

Tuesdays and Thursdays 7:00 p.m. – 9:00 p.m.

Fees To Be Announced, see instructor for details/fees

Learn this ancient form of Korean Martial Arts taught by nationally recognized, Master Leon Preston.

Please note: A class and a separate participation fee will be required.



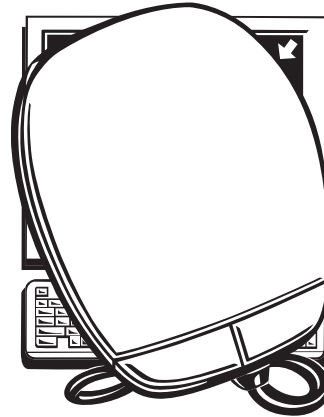
Adult Technology Classes

Computer Open Lab

Free

Monday 3–6 p.m.
Tuesday 3–6 p.m.
Saturday 11–4 p.m.

Although there are few published Open Lab hours, the lab is open everyday for Drop – In hours. We do not publish our Drop – In hours because they change from day to day. On any given day, you may call the Community Center to find out if the lab is open. During Drop – In hours, the Lab Attendant will always give a ten minute warning before the lab will close.



Word I

6:00–8:00 p.m. 6/9, 8/4 \$10/class
Learn Word tools, selecting, formatting, cutting, copying, pasting, opening, and saving documents. Pre-registration is required.

Word II

6:00–8:00 p.m. 6/16, 8/11
\$10/class

Understand how to apply formats, utilize tables, borders, shading, insert graphics, headers/footers, and Auto Correct. Pre-registration is required.

Excel I

6:00–8:00 p.m. 6/23, 8/18
\$10/class

Understand and learn common uses for spreadsheets, and build a simple budget spreadsheet. Pre-registration is required.

Excel II

6:00–8:00 p.m. 6/30, 8/25
\$10/class

Understand how to utilize AutoSum, AutoFill, AutoFormat, find, replace, web links, freezing and unfreezing rows. **Pre-registration is required.**

PowerPoint I

6:00–8:00 p.m. 7/7
\$10/class

Make slide presentations with text and lists. Learn how to insert visual aids. Put together multiple slide presentations. Pre-registration is required.

Access I

6:00–8:00 p.m. 7/14 \$10/class

Create a database, table, rename, rearrange, select and edit data, and add and delete fields. Pre-registration is required.

Access II

6:00–8:00 p.m. 7/21
\$10/class

Create forms, queries, reports, and sort and find data. Pre-registration is required.

Access III

6:00–8:00 p.m. 7/27
\$10/class

This class is for advanced Access students or those who have completed Access I and II. It will provide a deeper look into the functions of Access. **Pre-registration is required.**



Adult Technology Classes



Computer Basics

6:00–7:30 p.m.

7/9, 8/13, 9/10

Free

Learn what the parts of a computer are, how to open a program and how to use a mouse. Training provided by Wired for Learning.

Pre-registration is required.

Introduction To The Internet

6:00–7:30 p.m. 7/16, 8/20, 9/17

Free

Learn different parts of the Internet and how to search for information, practice English and find a job. Training provided by Wired for Learning.

Pre-registration is required.

Beginning E-mail

6:00–7:30 p.m. 7/23, 8/27, 9/24

Free

Sign-up for an e-mail address and learn to compose, send, read, forward, and delete messages. Also gain familiarity with e-mail terminology.

Training provided by Wired for Learning.

Pre-registration is required.

Seniors Training Seniors in Computer Basics

Session II:

Intro to Computers and E-mail

Tuesdays & Thursdays 1–3P.M.

July 1, 3, 8, & 10

Session I:

Intro to Internet and WWW

Tuesdays & Thursdays 1–3P.M.

August 5, 7, 12, & 14

Session II:

Intro to Computers and E-mail

Tuesdays & Thursdays

1–3P.M.

September 2, 4, 9, & 11

Cost: \$10 per session

Seniors Open Lab 3p.m.–4p.m.; immediately following every Thursday class

“The Seniors Training Seniors in Computer Basics classes are brought to you by the Seattle Human Services Department and the Mayor’s Office for Senior Citizens.” Four, 2-hours classes where seniors, in small class settings, will learn about computers, how to access the Internet and to write e-mails. Classes are taught by seniors. **Students should try to attend all classes in a session. Students who register for Session II classes should have completed session I or be familiar with the computer and use of the mouse.** Students may repeat the class if there are spaces available. Class is limited to (6) students.

Senior Adult Programs

Class Registration Information

Phone: (206) 233-7255

Recreation Specialist, Clothilde Bakari

Recreation Specialist, Cheryl Brown

Summer Quarter Dates:

July 7 – September 19

Class Registrations begins June 23.

Mail class payments to: Sr. Adult Programs, ATT: Clothilde /Cheryl, 8061 Densmore Ave. N. Seattle, WA 98103. **Make checks payable to 'SAAC'.**

Central East Division Sites:

Garfield CC 2323 E. Cherry.

Miller CC 330 19th Avenue East

Montlake 1618 E. Calhoun

Yesler CC 835 E. Yesler Way



Aerobics and Fitness

Sound Steps Free

If you are age 50 or older, then Sound Steps is for you! This FREE program offers a safe, fun way to get moving and begin a regular walking program. Bring your friends! Please register by calling 684-4951.

Thursdays 9:30a.m.–12:30p.m. Garfield



Steppin' Through Seattle Free

Explore our local parks in this fun walking/fitness program. **Be prepared for wet or muddy trails with appropriate footwear.** All walking levels welcome! *On the starred trips we will go to lunch at a local restaurant or brown bag it. **Transportation provided! You must register by the Friday prior to each trip.** Registration is limited so sign up early by calling 233-7255! Pick up in front of the community center.

Tuesdays 10:00a.m.–12:30p.m.

Pick up @ 9:45a.m. Garfield

***7/8 Mercer Slough**

7/15 Foster Island

7/22 Ravenna Park

8/5 Volunteer Park

8/12 Greenlake

***8/19 Blvu Botanical Gardens**

***9/16 Saint Edwards Park**

Senior Adult Programs

Arts & Crafts

Garden Art Series

\$6.00 per project

Three weeks of fantastic projects to bring a touch of art into your garden. Everyone will want to know where you got it! Please sign up in advance so supplies are available for you!

Thursdays 12:30p.m. – 2:30p.m. Garfield

Stepping Stone July 24

Outdoor Luminary July 31

Terra Cotta Bird Bath August 7



Memory Makers

\$6.00

Make a handmade scrapbook, then fill it with photos and memories using beautiful papers, fun stickers, and your captions to document the event. A great way to preserve your memories, or to pass on a legacy to your family.

Thursdays July 10 & 17

12:30 – 2:30p.m.

Garfield

Writing & Book Club

Write Your Life's Story

Free

Using a variety of writing prompts we will work on remembering and writing the stories that have made our lives unique. The best way to remember and share your family's history is to write it down and share it with generations to come! Sign up again and again!

Thursday Sept 4–18 1:00p.m. – 2:30p.m.
Garfield



Special Events/Workshops

Adopt A Flower Bed

Free

Join our 'flower power' team as we do our part by adopting a small flower bed at Volunteer Park. We will be responsible for weeding and general upkeep of our part of the park. We will make this fun by stopping for coffee after our work!

Wed July 9, August 6 & Sept 10
1:00p.m. – 3:00p.m.



Hours Operation

Monday – Thursday 2:00p.m.–9p.m.

Friday 2:00p.m.– 12:00am

Saturday 8p.m.– 12:00am

Recreation Staff

Mazvita Maraire, *Center Coordinator*

Kishan Scipio OC, *Recreation Specialist*

Vacant, *Pro Parks Teen Development Leader*

Erica Merritt, *Pro Parks Recreation Leader*

Heather Washington, *Pro Parks*

Marlene Oliver Building, *Custodian*

Leslie Woods *Recreation Attendant*

Euteva Baker, *High School Intern*

Rushawn Darden, *High School Intern*

Christine Hairston, *High School Intern*

Edwina Motle, *High School Intern*

Daisy LaPoint, *Recreation Leader Late Night*

Kevin Roberson, *Recreation Leader Late Night*

David Elfalan, *Computer Lab Coordinator*

Campus Council

The goal of the campus council is to provide a platform where teens can learn and perform leadership activities. The campus council is open to all teens willing to get involved in making their community a better place.

Call 684-4550 for more details.

Garfield Teen Life Center

- 1. Mission Statement:** The goal of the Teen Life Center is to provide teens with opportunities to acquire developmental assets necessary to make positive life choices.
- 2. Garfield Campus Motto:** Excellent customer service, quality recreation, safe and enjoyable experiences for the whole community.

Da Fellas

Monday and Wednesdays 4-5p.m.

Da Fellas is a group for males ages 13-19 to discuss issues and provide young men with a positive environment to express themselves with their peers. Please call for more information or to sign-up at 206-684-4550.

Games Galore

Tuesdays 6-9p.m. and Fridays 5-8p.m.

Come enjoy your favorite board games, card games, video games, indoor and outdoor activities at the Garfield Teen Life Center. Call for more info or to sign-up at 206-684-4550.

Movie Madness

Thursdays 6-9p.m.

Come and watch your favorite movies on the big screen during the weekly picture show. Call 206-684-4550 for more information..

Youth Employment

Tuesdays and Thursdays 3:30-5p.m.

Participants will partake in interview, application, resume, and workplace behavior workshops available on Tuesdays. Computer skills workshops will be taught on Thursdays where they will have the option to learn HTML, Excel, Word, PowerPoint, and Publisher. Throughout the program employers will come in to present job opportunities, recruit, accept applications, and give interviews. There are other job opportunities posted on the Job Postings bulletin board and sent by my to all participants enrolled in the program. Contact Heather for questions or to sign up at (206) 684-4550.

Sista' Circle

Monday and Wednesdays 4:30 to 6:00p.m..

In partnership with the Lifelong Aids Alliance, "Sista Circle" is a group for young females to dis-



cuss issues and health concerns facing Seattle's adolescents. Young women are meeting twice a week to, truly, get educated on what's really going on in Seattle. Activities include; cooking, facilitating and coordination of various events, group presentations and more! Don't miss out on this valuable opportunity. Come and join us!! For more information please call Erica Merritt at (206) 684-4550 Thanks!

YO! Youth Opportunity Movement

In partnership with the Seattle Parks and Recreation and the Youth Opportunity Movement, we aspire to provide youth between the ages of 14-22, who live in the Enterprise Zone, the opportunity to experience environmental education concepts, principles, and program logistics in an interactive, fun, and educational setting. Assistance is also provided in employment, academic, and career areas. Come be part of the YO movement. Call Heather Washington at (206) 684-4550 for more information.

Upcoming events:

June 6th — Family Fun Center, 4:30-8p.m.

Come join us as we spend a late afternoon eating and enjoying ourselves at one of Seattle fun places to hand out. Call Heather for more information 206 684-4550.

June 20th — Wild Waves, 9:30-4p.m.

Come take part in this Garfield Teen Life Center and YO annual activity.

Bring a change of clothes and join the fun. Call Heather for more details 206 684-4550

Garfield Teen Life Center Outdoor/ Environmental Education Program

Every Tuesday from 4p.m.-6p.m.

- ♦ SNOWBOARDING ♦ ROCK CLIMBING ♦
- ♦ HIKING ♦ MOUNTAIN BIKING ♦ CAMPING
- ♦ ENVIRONMENTAL EDUCATION ♦
- ♦ COMMUNITY SERVICE ♦

The Outdoor/ Environmental Education Program at the Garfield Teen Life Center is designed to engage teens ages 13-18 in a positive outdoor experiential program. We will experience and learn about environmental concepts by participating in outdoor activities. Weekly meetings will involve planning and preparation for these events, skills training, and other activities. We

will also have the opportunity to give back to the environment and community through service projects This Winter and Spring we have partnered up with Inner City Outing and the Austin Foundation to form an alliance that will make for an exciting and fun time. For more information, come to a meeting, or call Damon Burgett at (206)684-4550.



YO! Youth Opportunity Internship Program

In partnership with the Seattle Parks and Recreation and the Youth Opportunity Movement, Garfield Teen Life Center will be providing two YO! enrolled teens with the opportunity to earn \$800 in ten weeks. In this time the YO! interns will learn all about the process of planning and executing a major event. They will also gain computer and employment skills. Internship applications will be available on April 15th and due May 13th. Call Heather Washington at (206) 684-4550 for more information.

Arts Corps Classes

Come take part in Arts Corps Summer classes at the Teen Life Center. The Teen Life Center and Arts Corps have forged a partnership that is designed to engage teens in interactive and hands on classes.



■ Hip Hop Spoken Word Advanced

Rice Baker Yeboah

Monday and Wed 3:00p.m.-4:30p.m.

Participants will explore the world of freestyle hip-hop and spoken word poetry.

Live percussion will accompany all classes and various breathing and movement exercises designed to improve participants vocal confidence. Come take part in this newly created advanced class for those with hip-hop, spoken word experience. Students will perform at Seward park, Golden Gardens and Bumbershoot.

Austin Foundation Fitness Time

Tuesdays and Thursdays 2:30-4p.m..

The Teen Life Center ,the Austin Foundation, and Interagency Academy have teamed up to provide Health and Fitness for Teens. Come take part in health , fitness, and weight training classes. Learn good nutrition habits. For those that qualify you can earn credit for your participation. Come release your potential in the weight room and join the positive.

Computer Lab

We are open for business. Come take part in the Teen Life Centers Computer Lab offerings .We will be offering two classes: The first class is a general multimedia class designed to teach basic computer skills through the use of simple multimedia software. The class will integrate , music, lyrics, art and video to form multimedia projects that will give youth a forum to express themselves in a positive manner.

The second class is an academic multimedia session that will teach students , how integrate multimedia into their reading, writing, history, math and science homework assignments.

(Teachers permission will be required) Call 206 684-4550 and ask for David Elfalan for more details.

■ Open Lab Hours

| | |
|------------------|---------------------------|
| Monday | 6:30p.m.-7:00p.m. |
| Tuesday | 6:30p.m.- 7:00p.m. |
| Wednesday | 6:30p.m.- 7:00p.m. |
| Thursday | 6:30p.m.- 7:00p.m. |
| Friday | 4:00p.m.-7:00p.m. |



Late Night programming

Fridays And Saturdays 8p.m.-12:00p.m.

Be part of the solution. Late Night is more than just shooting HOOPS.

It's about Recreation and making a difference in your community. It's not different it's just done a little later than normal.

Late Night Weekend Programming

Martial Arts Program

Friday & Saturday 8p.m. - 10p.m.. This is a free program open to teens all over the Seattle area. Learn new martial arts with the best instructor in Seattle. You will perform at different sites compete with other martial arts students, gain confidence and self-esteem, learn how to defend yourself and learn the techniques of structure and balance, get fit, and build muscles in a warm and loving environment. Daisy's (Sifi) Ninja's has performed throughout the City Parks Department for 5 years.

Austin Foundation Weight & Fitness Program is a free program that develops personal fitness, weight training and basic health skills. The program hours are 9:00 p.m. - 11:00 p.m. each Saturday Night.



Latenight Cafe

Friday & Saturday 9p.m.-10:30p.m.

The Latenight Staff will prepare the real deal each night with the assistance of a few participants. If you want to learn basic kitchen practices and strategies sign up now! Every meal promises to be different and tasty.

■ Hip Hop Showcase

Saturday 9p.m.-11p.m..

Do hot lyrics, crazy beats and a fire audience interest you? If so then we have just the place for you. Come on down to the spot and showcase your talents you never know who might be in the audience. Need I say more? Sign-up now space is limited.

■ Da Squad

Friday & Saturday 9p.m.-10:30p.m..

Do hot lyrics, crazy beats and a fire moves interest you? If so then we have just the place for you. Come and Join the Latenight Dance Squad has few openings for motivated dancers. For more info contact: Kishan Scpio

■ Game Fetish

Saturdays 9p.m.-11p.m..

Do you remember playing games till the pieces became worn? If so come and check out our line up of activities each weekend. You're sure to find something to please everyone. For more info contact: Michelle Hawkins.

■ Future Flavas

Fridays 8:30p.m.-10:30p.m..

Do you need help preparing for the future? Maybe you just need someone to point you in the right direction. Whatever the case may be this class will help you to prepare for whatever path that you may choose in the future. College Prep, Financial Aid, Resume Writing, Interview preparation, Life Skills and basic social skills. For more info contact: Kishan Scpio.



■ Craft City

Fridays 9p.m.-11p.m.

We invite you to spend time making things that other people appreciate. Craft city is arts activity project designed to give youth the opportunity to showcase their talent through creative expression. For more info contact: Kishan Scpio

Garfield Teen Life Center Free Swim Party

"Late Night Swim" It's gonna be fun! Come and enjoy the evening of relaxation, listen to some good music and spend time with other teens and friends. Friday's 8:30 -10:30 p.m. at Medgar Evers Pool. While admission is free registration is required. Dates: June 20th July 25 and August 15th 2003

Dances, Movies, Cooking, Arts and Crafts, Basketball, Games, Open Mic, Discussions Groups, Weight Training, Computers, Hip Hop Dance, Swimming, field trips and much more.

YWCA Garfield Family Center

2323 East Cherry Street, Seattle 98122
(206) 861-8248 Fax: (206) 709-3835/Web Site:
www.ywcaworks.org

Program Director: Cora Hill

Teen Services Coordinator: Lexxie Jackson

Office Manager/Program Specialist: Rahel Gebreab

Childcare Coordinator: Davonya Jackson

GED, ESL, & ESL Conversation Teacher: Tim Bumatay

Hours of Operation:

Monday - Wednesday: 1:00 p.m. – 9:00 p.m.

Tuesday - Thursday: 10:00 a.m. – 7:00 p.m.

Friday: 1:00 – 7:00 p.m.

Saturday: 10:00 a.m. – 1:00 p.m.

Sunday: Closed

Class Titles>The YWCA Garfield Family Center

The **YWCA Garfield Family Center** provides an accessible, welcoming place for families in need of assistance, support, and resources. The Center offers a wide variety of classes, programs, workshops, activities, and services to the entire community. All classes are free unless otherwise noted, however, registration is required. New classes and events are always being scheduled—drop by to let us know how we can assist you and your family! (*The Family Center is a program of the East Cherry Branch YWCA and is made possible by the voters of Seattle through the Families and Education Levy and the City of Seattle General Fund.)

Education-based Programs

General Education Development (G.E.D.)

Monday/Wednesday, 1:00-4:00 p.m.

Tuesday/Thursday, 10:00 a.m.-1:00 p.m.

G.E.D., as a tool, provides an opportunity for rewarding employment and leads to higher education. You can enroll at any time with individual learning plans to go at your own pace. This class targets young parents. Lunch provided.

English as a Second Language (E.S.L.) (Ongoing)

Monday, 4:00-6:00 p.m. (Conversational English)

Friday, 1:00-4:00 p.m.

A class designed for refugees, immigrants, and new citizens who want to improve their English skills. All levels welcome. Taught by Tim Bumatay, a Certified Instructor from Western Washington University.

Summer Children Activities

Monday-Thursday: 3:00–6:00 P.M.

FRIDAY: 10:00-3:00 P.M.

The summer children activities program is a great opportunity for kids to learn new things, get ahead in math/reading skills, and go on educational field trips. We will provide additional support in any subject that students may need help in. We are here to provide the support needed, whether it's for math, reading, writing, science, etc. Juice and snacks provided.

Book Pals (Ongoing program for summer)

Tuesdays, 4:00-5:00 p.m.

Join us in a fascinating journey as actors read and act out books that are both classic and current. This is an entertaining yet educational hour that is full of imagination and creativity. Bring your kids and have a good time! Snacks and juice provided.

Nzingha's Book Club

Every 2nd and 4th Saturday: 11:00-1:00 P.M.

This program is designed for anyone who loves to read and discuss books, poetry, lyrics, etc. This is a great way to meet new people, to learn about great books, and to have stimulating conversation. Tea and snacks are provided.



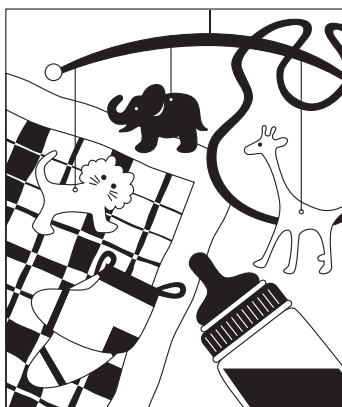
YWCA Garfield Family Center

Family, Parent & Community Connection

Program for Early Parent Support (P.E.P.S.)

Wednesday, 12:00-2:00 p.m., (Ongoing @ the YWCA East Cherry Branch, located @ 2820 East Cherry Street)

Each meeting has a topic for discussion. Time is spent sharing the concerns and events in your life as a parent, participating in activities with your baby/toddler, and connecting with other parents.



Tesfah Tsebah (Hope for Tomorrow)

Every month on a Saturday (Ongoing)

A Leadership Training Program for young immigrant/non-immigrants. Be a part of a safe, supportive group by discussing challenges that face immigrant youth in our community. Explore and develop strong leadership skills through participation in community service projects, cultural activities, etc. Come join the fun!

Teen Peer Advocacy Program

Tuesday/Thursday, 3:30-5:30 (Ongoing)

Providing outreach to high school students and the community on topics of domestic and sexual abuse as well as other teen issues.

Young Mothers Life-skills Workshops

Thursday, 6:00-8:00 p.m. (Ongoing)

Are you a young mother feeling pulled in too many directions? Come and hang out with other young mothers and let it out! Attend fun classes reflecting changing themes. Discuss issues, share ideas, go to child-focused outings, and learn new skills.

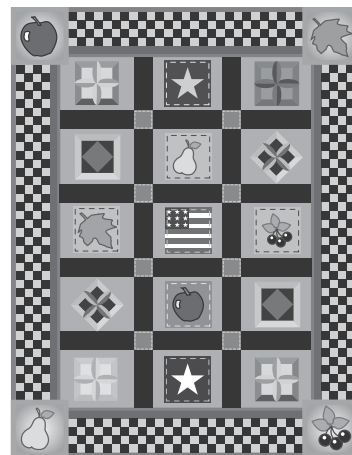
Youth & Young Parent

Effective Black Parenting Class

Facilitated by Lexxie Jackson (Teen Services Coordinator)

April 16-July 9, 2003 Wednesdays, 6:00-8:00p.m. (ONGOING)

This is a self sufficiency skill building program targeted towards African American teen mothers, yet all teen mothers are welcome to participate. This parenting skill-building program is designed to assist pregnant or single mothers who are 14-20 years of age raise competent and achieving children ages 0-5 years. The program fosters effective family communication; healthy African American identity; extended family values; child growth and development and healthy self-esteem.



Medgar Evers Aquatic Center

500 23rd Ave., Seattle, WA 98122
(206) 684-4766

Summer 2003

Monday – Friday Noon - 8p.m.
Saturday 8:30am – 5p.m.

Holiday Closures:

Independence Day: Friday, July 4, 2003

Labor Day: Monday, September 1, 2003

Professional Staff

Kristen Schuler, *Aquatic Center Coordinator*
Tim Ewings, *Asst. Aquatic Center Coordinator*
Erika Payton, *Pool Maintenance Worker*
Justin Knight, *Senior Lifeguard*

Fees And Rental Information

Recreational swimming fees

| Under 1 year | Free |
|-----------------------|---------|
| Children (1-18 years) | \$2.25 |
| Adults (19 & Over) | \$3.25 |
| Sr. Adults/Sp Pop | \$2.25 |
| Recreation Swim Card | \$20.00 |

Water Fitness Program Fees:

| | |
|--------------------------------|---------|
| Water Exercise/Aqua Jog | \$3.75 |
| Senior Water Exercise/Aqua Jog | \$2.50 |
| Fitness Pass | \$30.00 |

Monthly Passes

| | |
|---------------------------------|---------|
| Adult Fast Pass | \$45.00 |
| Senior/Disabled/Youth Fast Pass | \$35.00 |
| Towels | 50¢ |
| Just a shower | \$2.00 |
| Lockers | 25¢ |



Budget Closure

Each of Seattle Parks and Recreation's eight indoor swimming pools will close for one week beginning in 2003 due to City of Seattle budget cuts. In 2003 the one-week closure will, through savings in staff and utility costs, help the Department absorb a \$5 million budget cut.

We will be unable to provide pool services during a pool's closure, including recreation swimming, competitive swim practices, rental or public school use. Intermittent pool staff will not be scheduled for work. Regular permanent staff will be relocated to vacancies within the Parks system or may take earned vacation time.

We have made every effort to schedule the "budget closure" for each pool at a low-use period of the year, when outdoor pools are open, or following an already planned preventive maintenance closure. The closures are staggered throughout the year so that swimmers can always find alternate locations.

Swim Meet Closure

Friday, July 18 5:30-8p.m. Pop Mounger vs. Rainier Beach vs. Medgar Evers

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund only if he/she drops a class and notifies the program coordinator prior to the second class session. The pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series no refund will be given.

Recreational Swimming

Continuous Lap Swim

Between 1 and 6 lanes are available for lap swimming. Please refer to the "At A Glance" page for number of lanes available at which hour. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. **This program is offered in conjunction with other swims going on in the pool at the same time.**

**M-F 12:00p.m.-8:00p.m.,
Sat 8:30 am – 5:00 p.m.**

Early Morning Lap Swim

MWF 6-7:30am

Payment by Recreation card or check only — no cash

Public Swim

Recreational swimming for all ages. Children under 3'6" tall and/or under 6 years of age must be accompanied into the pool by an adult.

M-Sa 1:30 – 2:50 p.m.

M-Th 4:00-5p.m. (shallow end only) Fri. 4:00-5:30p.m. (shallow only)

MWF 6:30–8:00 p.m. (6:30-7p.m. shallow end only)

Family Float Swim

Recreational swimming for the whole family. All ages may participate however, parents must accompany children under the age of 19 into the pool.

Sat 10–11am, Sat 3:00–4 p.m.

Redwood Cedar Sauna

The Sauna is available during all of our hours of operation. Children under the age of 18 must be accompanied into the Sauna by their parent.

Universal Weight Machine

The Universal weight machine is available for use during our normal operating hours. Open to Adults 18 and over.

General Information

- Water temperature: 85° degrees
- Depth Range: 3–12ft.
- 72 lengths = mile
- served by metro buses: 3, 4, 48 & 84
- Pool lift and portable steps for non ambulatory persons
- Two ADA accessible Family Changing Rooms
- Please use the recycling containers or garbage cans located in the lobby
- Children 6yrs and older must use the appropriate gender locker room
- Absolutely no glass

Fitness Programs

Water Exercise Drop in

T & Th 7-8p.m.

Sa 9–10am

Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and fitness abilities. The class is set to energizing music and is designed to get your heart pumping with minimal impact on your joints.



Water Walking/Adapted Water Exercise Drop in

MW noon-1p.m.

The newest fitness craze to hit the pool! This class is appropriate for:

- People with arthritic conditions or other physical limitations where joint mobility and flexibility is the priority
- Anyone who wants a good "joint healthy" workout.

The aerobic portion of this workout is low impact and features big band and jazz music.

Instructor: Justin Knight

Deep Water Aqua Jogging Drop In

MWF 6–7p.m.

Build strength and endurance, increase muscle tone, lose weight, and/or speed up recovery from an injury with this great water aerobics class. Floatation belts are provided for this class which allows for an impact free workout.



Pilates

Pre-registration required

Instructor: Barbara Dick

Continuing Sa 9–10am

This program uses the techniques invented by Joseph Pilates. This class, which is taught in the new exercise area at Medgar Evers, involves strengthening and conditioning exercises that work the inner core muscles.

Swiss Ball

Pre-registration required

Instructor: Barbara Dick

Sa 10:15am–11p.m.

W 7:15–8p.m.

This class uses inflated Swiss Exercise Balls and incorporates many different muscle groups. Considered an excellent choice for an aerobic and strengthening workout by physical therapists. This class is fun and challenging. Participants bring their own ball.

Hints For Swimming Lessons

- Please sign up for the correct age group lessons
- Children must be at least 6 months for tot lessons and one parent per child needs to be in the water
- Children must be at least 4 and not older than 5 for kinder lessons.
- Children must be at least 6 for youth lessons.
- Children who are not toilet trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight fitting legs. No regular disposable diapers or loose fitting swim suits
- Enrich children's swimming by coming to Public or Family swims. Separate fee required
- We do not give credits or make-ups for occasional missed classes
- Please stay away from the pool edge while classes are going on. Leave questions and concerns with the cashier or pool manager.
- Please stay in the spectator area during lessons and keep children not in the program with you.
- Please limit shower time in order to conserve water.
- A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met

Parent—Tots (6 months–4 years)

T & Th 6-6:30p.m., M 11-11:30am, Sa 11-11:30am

This class helps introduce you and your child to the swimming pool. Basic water adjustment skills are introduced with an emphasis on enjoyment and relaxation.

3 Year Old lessons

M 11:30am-12p.m., TTh 6:30-7p.m. (limit 3)

This class is strictly for three year olds. Children must go through a parent/tot class before registering for this class. Basic water adjustment and swimming skills are introduced with an emphasis on enjoyment and relaxation.

Kinder Lessons (4-5 years)

M 11-11:30am, MW 6-6:30p.m., TTH 6-6:30p.m., WF 10-10:30am, Sa 11-11:30am

Designed to teach the basic skills of swimming and water safety. This class will help build your child's confidence so they may continue to more advanced swimming skills.

Youth Lessons

Beginning Youth Level 1-3 (6yrs and up)

Advanced Youth Level 4-7

MW 5-5:30p.m. or 5:30-6p.m., TTH 10-10:30am, TTH 5-5:30p.m. or 5:30-6p.m., WF 9:30-10am, Sa 11:30-12p.m. or 4-4:30p.m.

The American Red Cross lesson format provides a steady progression of swimming classes for youth ages 6 and up. Skills range from water adjustment to crawl stroke and more advanced skills. Advanced levels focus on elementary backstroke, back crawl, sidestroke, breaststroke, butterfly, water safety skills and diving skills.

Summer Swim League Medgar Evers Mighty Penguins

Practice Times: MWF 8-9:30a.m.,

TTh 10:30a.m.-Noon

Dates: June 23-August 2, 2002 (6 week season)

Cost: \$75*

It's not too soon to join the Seattle Parks Department's very successful Summer Swim League. The league consists of teams from each of Seattle's eight indoor swimming pools as well as 1 outdoor pool team. The Medgar Evers Mighty Penguins have a great time learning and refining the four competitive strokes, flip turns and starts! It is a great non threatening way to be introduced to the sport of competitive swimming.

***One half scholarships are available to low income families that qualify. Ask cashier for details!**



Special Populations

Small or individualized classes for patrons with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs, call 684-4950. To arrange for swim lessons call 684-4766.

One on One Swimming Lessons

Private: 1/2 hr. \$22

Two students: 1/2 hr. \$30

We offer private swim instruction for those who are interested in special attention. Space and times are extremely limited. Please call 684-4766 for info.

Adult Lessons (13 and up)

Swimming lessons are offered for all levels, from basic water adjustment to advanced swimming skills. T/Th 6:30-7p.m.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for **FREE** swimming lessons for all 3rd and 4th grade students enrolled in **Seattle Public Schools**. The **FREE** swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information,
please call your local
Seattle Parks and Recreation swimming pool
Or visit the web
www.cityofseattle.net/parks/aquatics/learntoswim.htm

For class descriptions, see previous pages.

***A minimum of four students is required for all youth swimming classes.** Programs may be combined or canceled if minimum enrollment is not met.

No class Friday, July 4

Session I Registration begins Monday, June 2, 2003

| Class | Day | Time | Dates | # Of Lessons | Fee |
|---------------|-----|---------------------|------------|--------------|------|
| Tots | M | 11–11:30a.m. | 6/23–7/21 | 5 | \$20 |
| Tots | T | 6–6:30p.m. | 6/24–7/22 | 5 | \$20 |
| Tots | TH | 6–6:30p.m. | 6/26–7/24 | 5 | \$20 |
| 3 year olds | TTH | 6:30–7p.m. | 6/24–7/24 | 10 | \$60 |
| 3 year olds | M | 11:30–12p.m. | 6/23–7/21 | 5 | \$30 |
| Kinders | WF | 10:30a.m. | 6/25–7/25 | 10 | \$40 |
| Kinders | M | 11–11:30a.m. | 6/23–7/21 | 5 | \$20 |
| Kinders | MW | 6–6:30p.m. | 6/23–7/23 | 10 | \$40 |
| Kinders | TTH | 6–6:30p.m. | 6/24–7/24 | 10 | \$40 |
| Beg/Adv Youth | WF | 9:30–10a.m. | 6/25–7/25 | 10 | \$40 |
| Beg/Adv Youth | MW | 5–5:30p.m. | 6/23–7/23 | 10 | \$40 |
| Beg/Adv Youth | MW | 5:30–6p.m. | 6/23–7/23 | 10 | \$40 |
| Beg/Adv Youth | TTH | 10–10:30a.m. | 6/24–7/31 | 12 | \$48 |
| Beg/Adv Youth | TTH | 5–5:30p.m. | 6/24–7/24 | 10 | \$40 |
| Beg/Adv Youth | TTH | 5:30–6p.m. | 6/24–7/24 | 10 | \$40 |
| Beg/Adv Youth | SA | 11:30–12 | 6/28–7/26 | 5 | \$20 |
| Beg/Adv Youth | SA | 4–4:30p.m. | 6/28–7/26 | 5 | \$20 |
| Adult | TTH | 6:30–7p.m. | 6/24–7/24 | 10 | \$40 |
| Cont. Pilates | SA | 9–10a.m. | 6/28–8/30* | 9 | \$72 |
| Cont. Pilates | SA | 11:15a.m.–12:15p.m. | 6/28–8/30* | 9 | \$72 |
| Swiss Ball | W | 7:15–8p.m. | 6/25–7/30 | 6 | \$48 |
| Swiss Ball | SA | 10:15–11a.m. | 6/28–8/30* | 9 | \$72 |

*no class 8/2

Session II Registration begins Monday, July 14, 2003

| Class | Day | Time | Dates | # Of Lessons | Fee |
|---------------|-----|--------------|-----------|--------------|------|
| Tots | M | 11–11:30a.m. | 7/28–8/25 | 5 | \$20 |
| Tots | T | 6–6:30p.m. | 7/29–8/26 | 5 | \$20 |
| Tots | TH | 6–6:30p.m. | 7/31–8/28 | 5 | \$20 |
| 3 year olds | TTH | 6:30–7p.m. | 7/29–8/28 | 10 | \$60 |
| 3 year olds | M | 11:30–12p.m. | 7/28–8/25 | 5 | \$30 |
| Kinders | M | 11–11:30a.m. | 7/28–8/25 | 5 | \$20 |
| Kinders | MW | 6–6:30p.m. | 7/28–8/27 | 10 | \$40 |
| Kinders | TTH | 6–6:30p.m. | 7/29–8/28 | 10 | \$40 |
| Beg/Adv Youth | MW | 5–5:30p.m. | 7/28–8/27 | 10 | \$40 |
| Beg/Adv Youth | MW | 5:30–6p.m. | 7/28–8/27 | 10 | \$40 |
| Beg/Adv Youth | TTH | 5–5:30p.m. | 7/29–8/28 | 10 | \$40 |
| Beg/Adv Youth | TTH | 5:30–6p.m. | 7/29–8/28 | 10 | \$40 |
| Beg/Adv Youth | SA | 11:30–12 | 8/2–8/30 | 5 | \$20 |
| Beg/Adv Youth | SA | 4–4:30p.m. | 8/2–8/30 | 5 | \$20 |
| Adult | TTH | 6:30–7p.m. | 7/29–8/28 | 10 | \$40 |
| Swiss Ball | W | 7:15–8p.m. | 8/6–8/27 | 4 | \$32 |

Special Events



Emerald City Open Water Swim

Saturday, August 23, 2003

9a.m. Seward Park, Seattle

Annual half mile and one mile open water swim in Andrew's Bay, Lake Washington/Seward Park Beach. Saturday, August 23, 2003

- Start is at 9a.m. sharp
- Andrew's Bay, Lake Washington at Seward Park Beach
- ½ Mile and 1 Mile Open Water Swim
- For more information or an entry form call Medgar Evers Pool at 684-4766 or email kristen.schuler@seattle.gov or go to www.cityofseattle.net/parks and select swimming.

Middle School Dance/Swim

Friday, June 6, 2003

8-10:30p.m.

\$2.25 per youth

Dance on the deck &/or swim in the pool!!! Diving board and rope swing will be open!! There will be plenty of lifeguards and chaperones on duty as well as an off-duty police officer.

Teen Night

Fridays, June 20, July 18, August 15

8:30-10:30p.m.

Free

Friday Night Swim for Teens only!



Summer 2003 AT A GLANCE

Monday & Wednesday

| | |
|----------------|--|
| 6:00-7:30am | Early Morning Lap Swim** |
| 12:00-1:00p.m. | Adapted Water Exercise Class (6 lap lanes available) |
| 12-8p.m. | Lap Swim (1-6 lanes available) |
| 1:30-2:50p.m. | Public Swim (3 lap lanes available) |
| 4:00-5:30p.m. | C.A.A.T. Swim Team Rental (1 to 3 lap lanes available) |
| 4:00-5p.m. | Public Swim-Shallow end only (1-2 lap lanes available) |

| | |
|---------------|---|
| 5:00-5:30p.m. | Beg/Adv.Youth Lessons* (1 lap lanes available) |
| 5:30-6:00p.m. | Beg/Adv.Youth Lessons* (5 lap lanes available) |
| 6:00-6:30p.m. | Kinder Lessons * (3 lanes available) |
| 6:00-7:00p.m. | Aqua Jogging (3 lap lanes available) |
| 6:30-8:00p.m. | Public Swim-shallow only until 7p.m. (3 lap lanes available) |

Summer 2003 AT A GLANCE

Tuesday & Thursday

| | |
|---------------|--|
| 12-8p.m. | Lap Swim (1-6 lanes available) |
| 1:30-2:50p.m. | Public Swim (3 lap lanes available) |
| 4:00-5:30p.m. | C.A.A.T. Swim Team Rental (1-3 lap lanes available) |
| 4:00-5p.m. | Public Swim-Shallow end only (1-2 lap lanes available) |
| 5-5:30p.m. | Beg/Adv.Youth Lessons* (1 lap lanes available) |
| 5:30-6:00p.m. | Beg/Adv.Youth Lessons* (5 lap lanes available) |
| 6:00-6:30p.m. | Kinder Lessons/Parent tots* (6 lap lanes available) |
| 6:30-7p.m. | Adult Lessons/3 year olds *(5 lap lanes available) |
| 7-8:00p.m. | Shallow Water Exercise Class (6 lap lanes available) |
| 8:00-9:30p.m. | Otters Water Polo Rental |

Friday

| | |
|---------------|---|
| 6:30-8am | Early Morning Lap Swim** |
| 12-8p.m. | Lap Swim (1 - 6 lanes available) |
| 1:30-2:50p.m. | Public Swim (3 lap lanes available) |
| 4:00-5:30p.m. | C.A.A.T. Swim Team Rental (1-3 lap lanes available) |
| 4:00-5:30p.m. | Public Swim-Shallow end only (1-2 lap lanes available) |
| 5:30-6:00p.m. | 6 lap lanes available |
| 6:00-7:00p.m. | Aqua Jogging (3 lap lanes available) |
| 6:30-8:00p.m. | Public Swim-shallow only until 7p.m. (3 lap lanes available) |

Saturday

| | |
|-----------------|--|
| 8:30am-5:00p.m. | Lap Swim |
| 8:30-9:00am | 1:1/Special Pop. Lessons* (6 lap lanes available) |
| 9-10:00am | Water Exercise (6 lap lanes available) |
| 10-11am | Family Float Swim (3 lap lanes available) |
| 11-11:30am | Kinder/Tot Lessons* (6 lap lanes available) |
| 11:30-12:00 | Beg/Adv. Youth Lessons* (5 lap lanes available) |
| 12-1:30p.m. | 1:1 /Special Pop. Lessons* (6 lap lanes available) |
| 1:30-2:50p.m. | Public Swim (3 lap lanes available) |
| 3:00 -4:00p.m. | Family Float Swim (3 lap lanes available) |
| 4:00-5:00p.m. | Lap Swim (6 lap lanes available) |
| 4:00-4:30p.m. | Swimming Lessons |
| 5-10:00p.m. | Birthday Party Rentals- closed to public |

Sunday (Closed to Public)

| | |
|---|------------------------|
| 12:00-5p.m. | Birthday Party Rentals |
| *These programs require pre-registration | |
| ** Early Morning Lap Swim can accept only checks or a Recreation Swim Card as payment. No cash! | |

Swim Meet Closure

Friday, July 18 5:30-8p.m. Pop Mounger vs. Rainier Beach vs. Medgar Evers

Community Phone List

Recreation Information

Public Information (206) 684-4075
 Compliments/Concerns (206) 684-4837
 Picnic Scheduling (206) 684-8021
 Youth Athletics (206) 684-7094
 Adult Athletics (206) 684-7092
 Teen Program office (206) 684-7136
 Tennis Court Scheduling (206) 684-7082
 E. Cherry YWCA (206) 320-9768
 Rotary Boys and Girls (206) 324-7317
 Meredith Matthews YMCA (206) 322-6969

Community Services

Chamber of Commerce (206) 325-2864
 Rotary Boys and Girls Club (206) 324-7317
 Central Neighborhood Service Center .. (206) 684-4767
 East Precinct (206) 684-4300
 Metro Transit Rider Info (206) 553-3000
 Police non emergency (206) 583-2111
 Garfield Family Center (206) 861-8248
 El Centro De La Raza (206) 329-9442
 City Year (206) 728-4883
 Douglass Truth Library (206) 684-4704
 Central Area Motivational Program(206) 812-4940

School Information

T.T Minor (206) 726-6450
 African American Academy (206) 252-6650
 Gatzert School (206) 252-2810
 MLK School (206) 252-2900
 Garfield H.S. (206) 726-6780
 Lowell (206) 726-6430
 Zion Prep (206) 723-0580
 Thurgood Marshall (206) 726-6670
 Madrona School (206) 726-6690
 Washington Middle School (206) 726-6650

Special Interests

Asian Art Museum (206) 654-3100
 Daybreak Star Cultural Ctr. (206) 285-4425
 Discovery Park (206) 386-4236
 Green Lake Small Craft Ctr. (206) 684-4074
 Woodland Park Zoo (206) 684-4800
 Volunteer Pk. Conservatory (206) 684-4743

Seniors Information

Senior Programs (206) 233-7255
 Central Area Senior Center (206) 461-7816
 Aquarium (206) 386-4320

Sports Information

Capitol Hill Soccer (206) 324-3473
 Mt. Baker Rowing/Sailing (206) 386-1913
 Athletic Field Scheduling (206) 684-4077
 Seattle Tennis Center (206) 684-4764
 Seattle Little League (206) 721-3534
 Seattle International Baseball (206) 324-3003
 Central Area Panthers Football ... (206) 853-3181
 Field Scheduling (206) 684-4077
 Field Rain-Out Line (206) 233-0055

Community Centers and Pools

Alki (206) 684-7430
 Ballard (206) 684-4093
 Bitter Lake (206) 684-7524
 Delridge (206) 684-7423
 Garfield (206) 684-4788
 Green Lake (206) 684-0780
 Hiawatha (206) 684-7441
 Highpoint (206) 684-7422
 Jefferson (206) 684-7481
 Langston Hughes (206) 684-4757
 Laurelhurst (206) 684-7529
 Loyal Heights (206) 684-4052
 Magnolia (206) 386-4235
 Meadowbrook (206) 684-7522
 Miller (206) 684-4753
 Montlake (206) 684-4736
 Queen Anne (206) 386-4240
 Rainier (206) 386-1919
 Rainier Beach (206) 386-1925
 Ravenna-Eckstein (206) 684-7534
 Southwest (206) 684-7438
 Teen Life Center (206) 684-4550
 Leschi (206) 726-6760
 Van Asselt (206) 386-1921
 Queen Anne Pool (206) 386-4282
 Ballard Pool (206) 684-4094
 Medgar Evers Pool (206) 684-4766
 Pop Mounger Pool (206) 684-4708
 Colman Pool (206) 684-7494